

Child's Grade Level: **RESULTS**

**Children's Health & Fitness Survey\***

1. What do you feel is most important for children to be successful:  
77% Good Health            18% Having Friends            42% Academic Success
2. I am worried that my child is overweight or might become obese.  
4% Very Worried            25% Worried            74% Not Worried
3. Please rank in order (1 being the most important through 5 being the least important) what you feel are the reasons for the increase over the past 20 years in the number of children who are overweight or obese.  
35% Lack of school physical education programs  
27% Too much TV viewing  
22% Lack of physical activity outside of school  
27% Too much computer time  
46% Eating habits
4. Please rank in order (1 being the most important through 4 being the least important) what you feel are keys to a healthy lifestyle for children:  
42% Daily or regular activity  
38% Restricting snacks like chips, candy and soft drinks  
54% Balanced diet  
49% Physical education program
5. Please check all that you do to get your child(ren) to be active:  
65% Register them for physical activity  
82% Provide outdoor/indoor physical activity at home  
54% Participate in physical activity with them  
47% Remind them  
56% Plan family activities that include physical activity
6. Please check all the ways you get your children to eat a balanced diet.  
57% Talk to your child about food choices  
51% Serve as a role model by eating a healthy, balanced diet  
85% Cook or prepare nutritious meals  
54% Restrict high caloric foods and beverages from their home

7. Please answer the following statements “yes” or “no” – **“Yes” responses:**

79% Physical education is as important as Art

79% Physical education is as important as Music

77% Physical education is as important as Foreign Language

75% Physical education is as important as computers

74% Physical education is as important as Science

67% Physical education is as important as Math

69% Physical education is as important as English

8. Do you think more school Physical Education classes could help control or prevent childhood obesity?

78% Yes            11% No

9. Please answer “Yes” or “No”. Do you think students should spend as much time on nutrition education as they do on: **“Yes” responses:**

69% Art

78% Health Education

74% Physical Education

69% Music

10. Do you think children should be tested regularly on their fitness status?

71% Yes    18% No

Do you have any comments or concerns related to the schools’ current health, nutrition and physical fitness curriculum?

\* Modified version of the National Association for Sport and Physical Education Children’s Health Survey.